

Wheat Berry Chili

Makes: 8 Servings

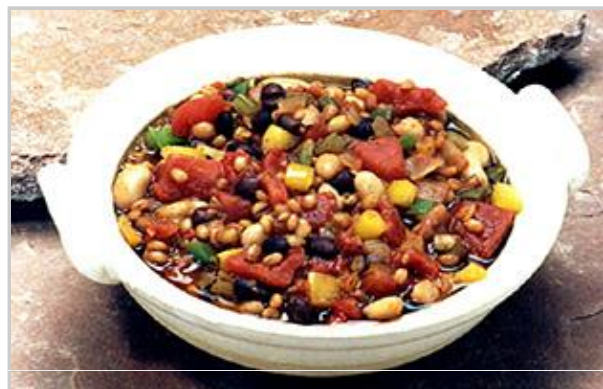
Wheat berries are the whole, complete wheat grain, before any processing is done. They provide lots of heart healthy fiber and match this chili recipe perfectly.

Ingredients

- 1 cup** wheat berries
- 3 cups** water
- 1** large onion, chopped
- 1/2** green pepper, chopped
- 1/2** yellow pepper, chopped
- 4 teaspoons** chili powder, or to taste
- 1/4 teaspoon** hot pepper sauce
- 1/8 teaspoon** black pepper
- 1 can** 8-ounce tomato sauce, unsalted
- 1 can** 28-ounce tomatoes, diced, unsalted
- 2 cups** beef broth, 99% fat free, reduced sodium
- 1 can** 15-ounce kidney beans, unsalted
- 1 can** 15-ounce white beans, unsalted

Directions

1. Cook wheat berries in 3 cups of water for 1 hour until tender; add more water if necessary, drain.
2. Rinse with cool water and drain thoroughly.
3. In the microwave on medium heat, cook onion, green and yellow pepper for 1 minute, or until desired softness.
4. In a 4-quart pot, combine remaining ingredients with wheat berries and microwaved vegetables.



5. On stovetop, bring to a boil and simmer uncovered 1 hour or until desired consistency is reached, stirring occasionally.

Notes

Meal suggestions: Serve with 1 non-fat dairy serving, ½ bread serving and 1 serving of fruit.